

Santa Clara County Public Health Survey Data

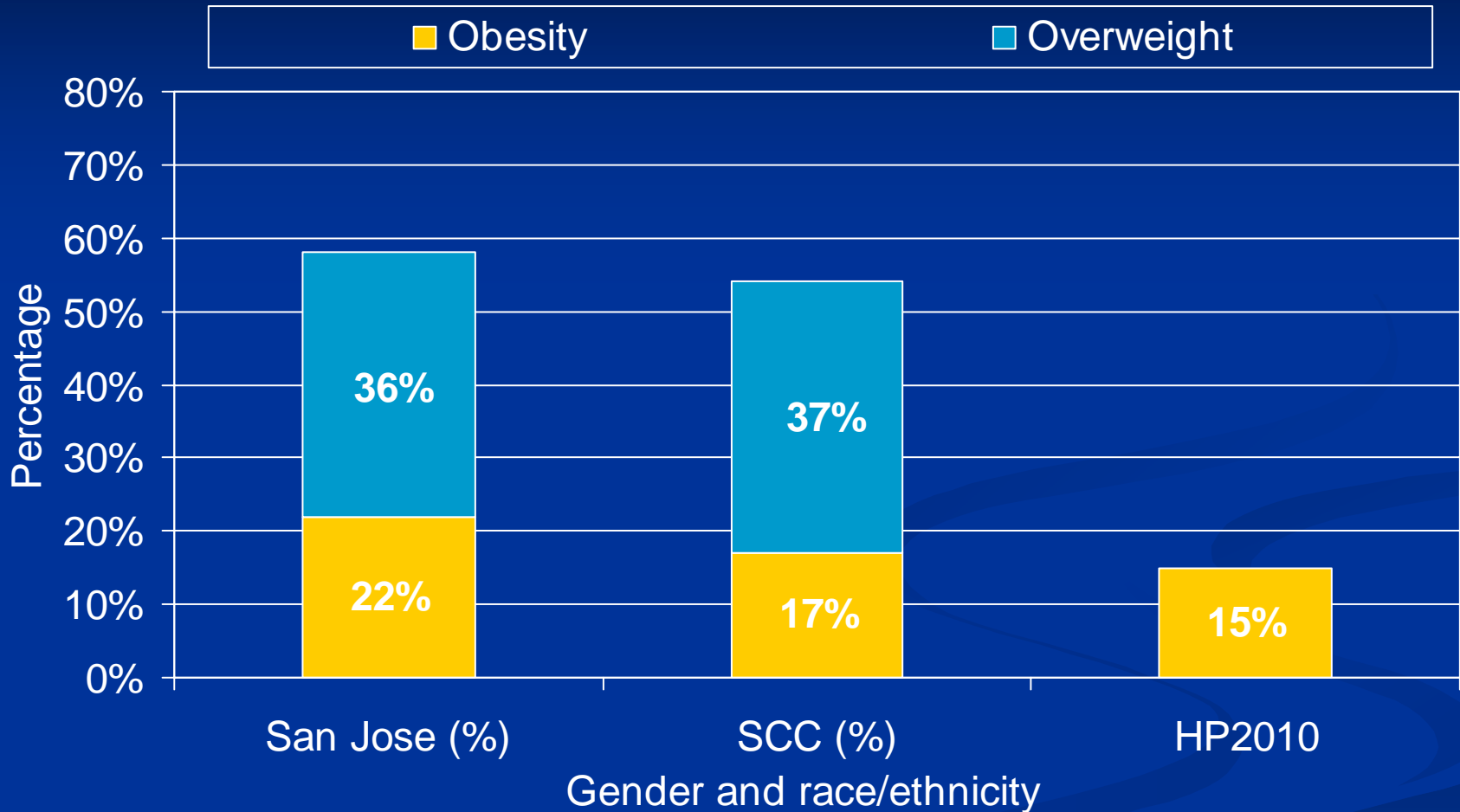
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Overweight and Obesity* among adults



Source: SCC Public Health Department, Behavioral Risk Factor Survey, 2005-2006

*Notes: Overweight includes BMI = 25-29.9 and obesity includes BMI = 30+

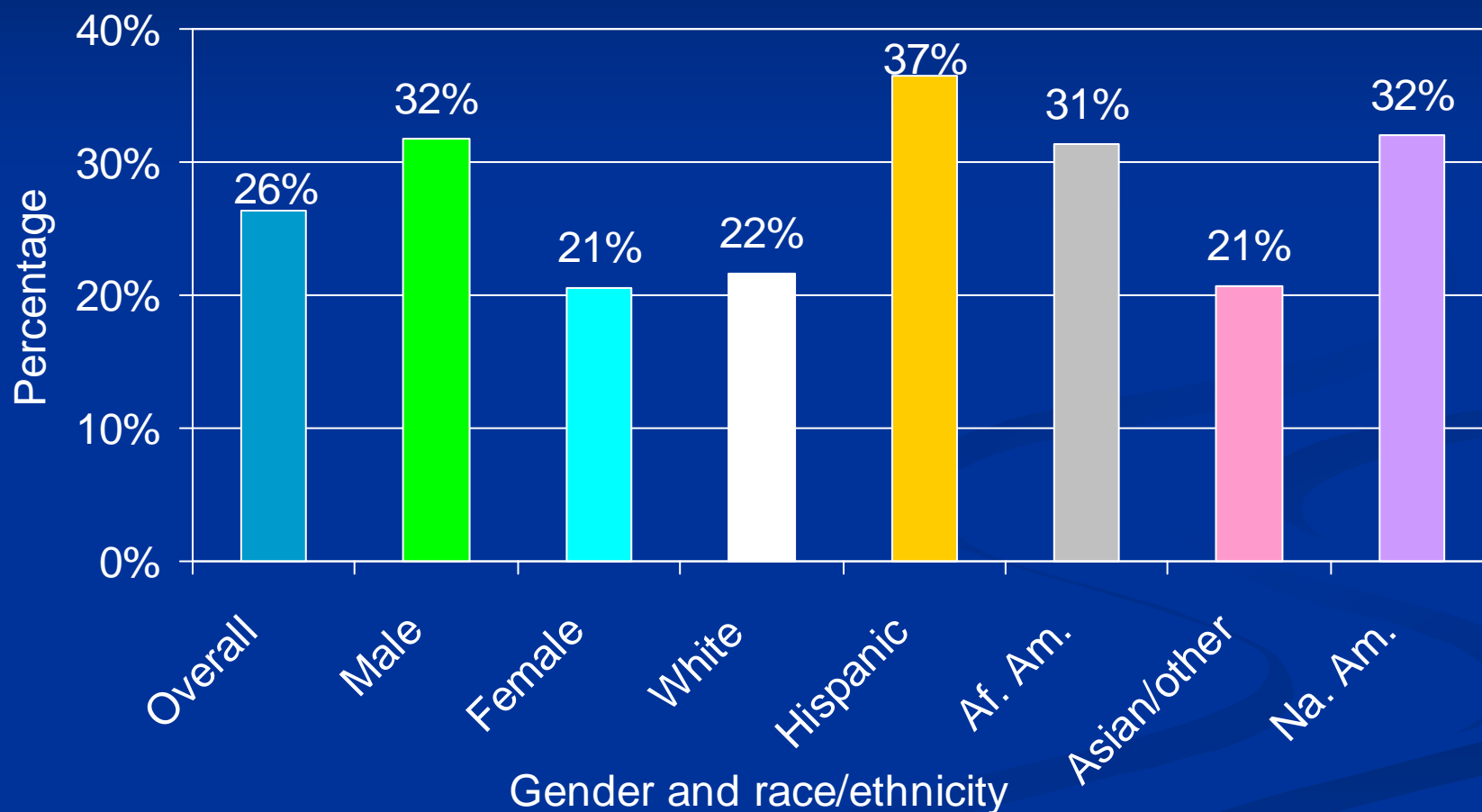
HP 2010 for Overweight is not measured

Physical activity and Fruit and Vegetable Consumption in San Jose

	San Jose (%)	SCC (%)	CA (%)	USA (%)
Moderate physical activity (at least 10 minutes at a time)	86.0	85.4	84.8	83.4
Vigorous physical activity (at least 10 minutes at a time)	48.0	51.0	57.8	49.0

- 28.2% adults in San Jose consume fruits and vegetables 5 or more times a day (29% overall county)

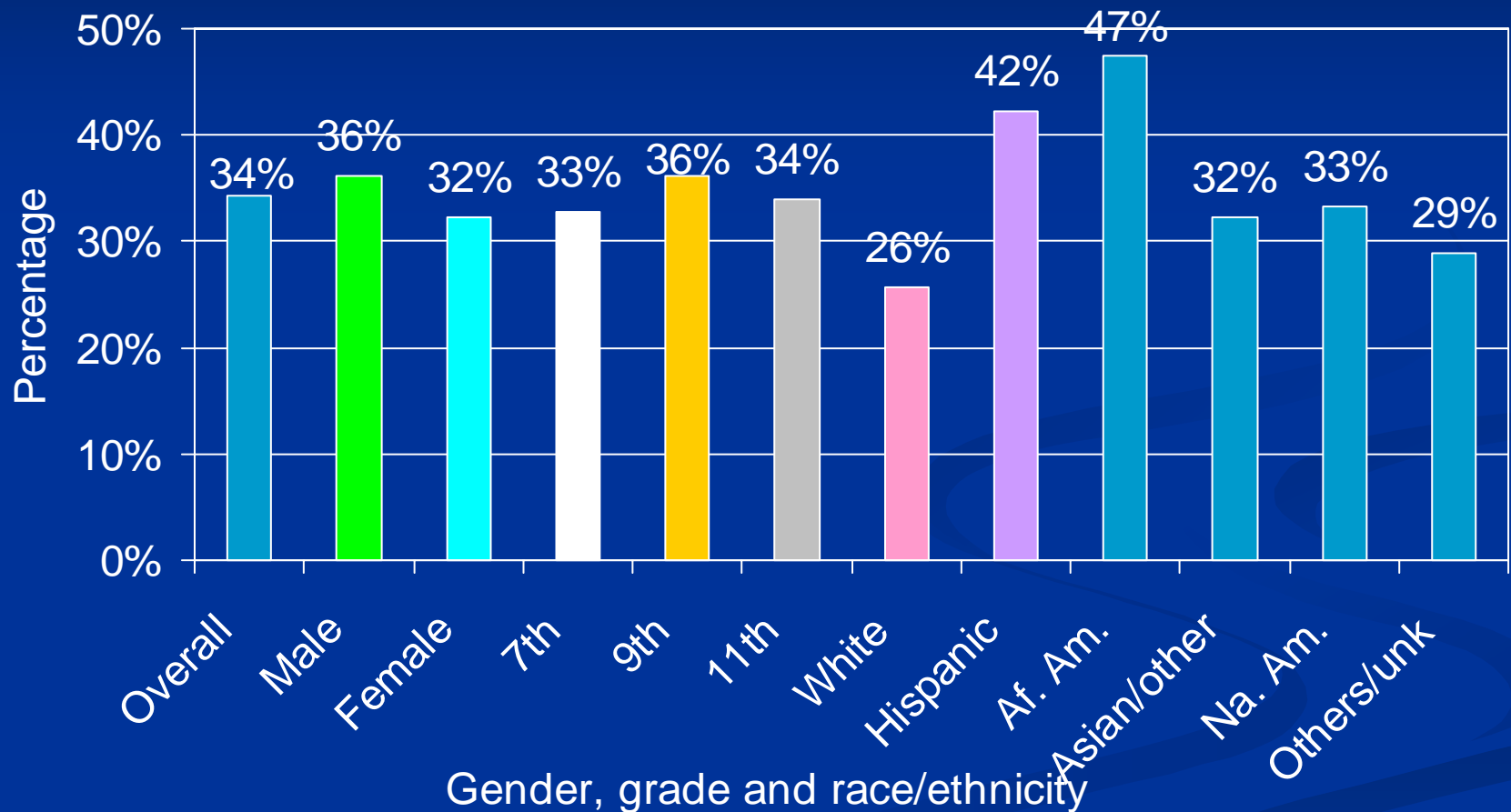
Middle and high school students who are overweight or at risk of being overweight*



Source: SCC Public Health Department, California Healthy Kids Survey, 2005-2006

*Notes: Overweight or at risk of being overweight includes BMI \geq 85th percentile

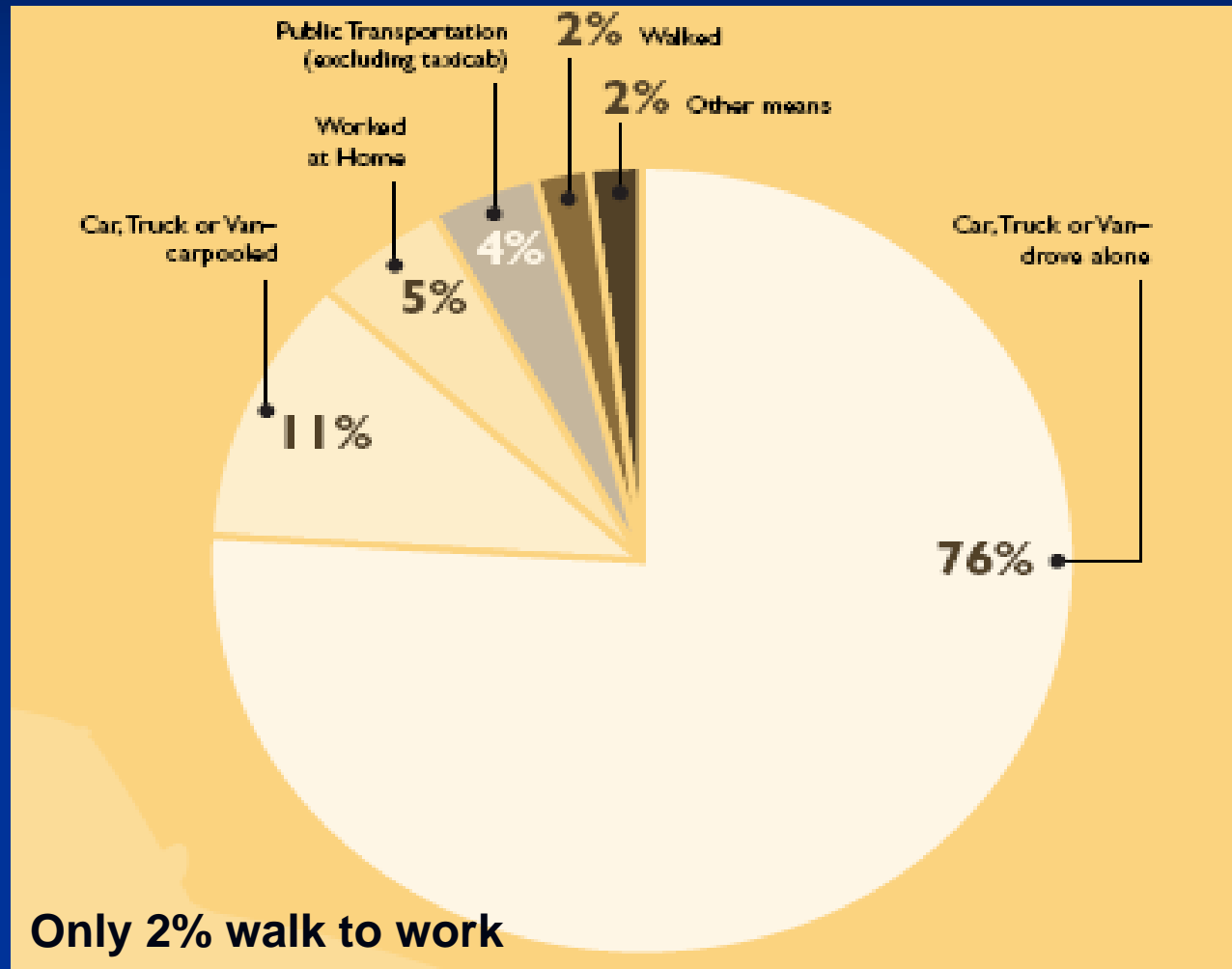
Middle and high school students who watch TV or play video games 3 or more hours a day



Source: SCC Public Health Department, California Healthy Kids Survey, 2005-2006

Means of Commute

Santa Clara County and San Mateo Counties 2005



Source: US Census Bureau, American Community Survey from Joint Venture Silicon Valley - Index of Silicon Valley 2007

How People Get Around

All Weekday Trips by Mode

County of Residence	Drive	Passenger In Motor Vehicle	Ride Transit	Bicycle	Walk	Other
	Auto		Non Auto			
San Francisco	42.9%	6.1%	33.8%	3.4%	11.7%	2.1%
	49%		51%			
Santa Clara	85.4%	6.0%	5.2%	1.3%	1.3%	0.9%
	91.4%		8.7%			
Marin	75.1%	6.9%	10.8%	2.3%	4.7%	0.2%
	82%		18%			

Source: San Francisco Bay Area Travel Survey 2000, Regional Travel Characteristics Report, Volume I, August 2004 Published by the Metropolitan Transportation Commission, California.

Thank You

For more information contact:

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For local data visit

www.sccphd.org/statistics2